

Sharing With England

IN RECENT MONTHS Canadians have begun to experience many of the difficulties caused by the shortage of food and other items important to our way of living. Rationing so far as not been used for many communities, but those people that the streams of refugees from Canada have changed in the past months. These changes have caused some inconvenience, but no real hardship, and for the most part have been cheerfully accepted. We are still able to live comfortable, and even though our purchasing is curtailed we can sit down to bountiful meals and we have fuel, warm clothing and other things essential to health and comfort. Most of us believe that there is still much we could give up, should the necessity arise.

British People Remain Fit

It would be well for us here to remember at all times that many of the shortages we experience are due to the fact that ships are normally used for bringing imported commodities to Canada, are now transporting materials of war. In England, the people are commencing the fourth year of the war. They are physically fit, and able to carry on their gigantic undertakings in a great measure because of the efficiency and imagination of the people. The English have a saying that "a full stomach will soon set a man grumbling, and there are few people in England who are not thankful for the way in which their national larder has been stocked and shared. In 1938 England imported over fifty per cent of her food, some of it from countries now occupied by the Axis, yet by a tremendous re-organization of supply and distribution it has been possible to keep the British people adequately fed during the war years.

Praise For Food Ministry

In a publication issued recently by the British Ministry of Information it was stated that this has been achieved through the work and organization of the British Ministry of Food and the generous help of the Dominions and the United States, who have made their own sacrifices to send food to Britain. It further states that because of this the people of England will turn to the offensive "fighting fit". When we consider what the shipment of essential materials from here mean to the people of Britain, we can be proud that we can share with them in the sacrifices necessary to the winning of the war.



How to feed the war worker has become an important question in thousands of Canadian homes. The first suggestion is going to be something you can buy—something you can afford. But don't dismiss it on that account. You alone may feel helpless. But you and your friends, and your friends' friends are public opinion which can still do plenty to help. The second suggestion is to eat more whole grain cereals. They should be sold at cost one good nutritious meal during his working period, whatever that is. Surveys conducted by "Nutrition Services" show that diets containing whole grain cereals are more nutritious than those on a basis far better than those served by concession cafeterias. Agitation by a worker's committee might rectify the situation if it's wrong in your plant. If it's right, then you can be very sure that the whole grain cereals are the best and most telling stimulants are milk, fruit juices, and (that includes tomato juice) or cocoa—no soft drinks. It is conceivable that a general demand for whole grain cereals will bring about a change.

Now if you plant isn't one of the ideal ones—and some of them are, know—some plants serve the sort of meals mother simply didn't know enough about to prepare for you. But don't despair. If she doesn't know on the lunch box.

Here are some rules you will make that lunch box meal a nearer one. If it contains these three ingredients—protein, a vegetable (not potato) or fruit and milk won't give you any trouble. And neither will protein if you remember that our chief sources of protein are—meat, fish, eggs, cheese, dried vegetables (like beans).

2. A thermos flask of hot soup or coffee will hit the spot. This is purely a matter of taste. The necessity of hot dish has been shown in many ways to be a definite factor. But if your war worker likes one, it obeys rule two, that is, palatability.

Arrange for the lunch box meal to be as fresh as possible. Don't make it too heavy before. And do wrap everything carefully in wax paper to prevent drying.

Another tip—be sure your sandwich fillings are moist but not wet. Avoid soggy sandwiches on the one hand and dry ones on the other. Use whole wheat bread.

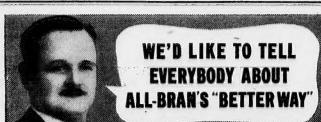
A post card requested to Western Division of the Health League of Canada, 10 Avenue Road, Toronto, will bring you a free copy of our authority Vitamin Chart.

YUGOSLAVIA'S ARMY

Hitter, as it is reported, is determined to put a stop to the operations of Yugoslavia's guerrilla armies. In view of the fact that such resistance must be put down within less than 300000 Greeks, Italians, Yugoslavs and Hungarians who are badly needed elsewhere, his resolve may be easily understood.

LONG VOYAGE
A New York newspaper recalls that 100 years ago the corvette, St. Louis, arrived at Norfolk after a voyage lasting three years and 79 days, sailing 75,000 geographical miles. The route taken by the old corvette is different, but a corvette was originally a small sailing ship without a quarter-deck.

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Says Mr. C. Boyer, Valleyfield, Quebec: "I've always enjoyed KELLOGG'S ALL-BRAN, the delicious cereal that keeps us trim and healthy. I like it because ALL-BRAN is delicious . . . we have them almost every day. And ALL-BRAN is a great cereal for breakfast." Why don't you try ALL-BRAN'S "Better Way" to correct the cause

if you are troubled by constipation or lack of the right kind of "bulk" in your diet? But remember, ALL-BRAN doesn't work like a laxative. Eat it regularly and drink plenty of water. ALL-BRAN is a great cereal, in two sizes and two sizes packages or ask for the individual serving package at restaurants. Made by Kellogg's in London, Canada.

The Individual Citizen's Army

A Weekly Column About This And That In Our Canadian Army.

By Alan Maurice Irvin

There is that man who referred to me and other writers who look things in the face as "you sarnies?" I'd like to take him on a little motor trip—to the Gaspe Peninsula!

That is to say I'd like to take him for that trip but for one thing—it would be a shame to waste gasoline on him. And motor trips are out—except for the nimives with their heads buried in the sand who still run their cars, "just for a little jaunt on Sundays."

"A jaunt on Sundays?" We are fighting a people who would shoot them for that. So, just because we are not a people who shoot amateur traitors, they blithely disregard signs that even the dullest common man can see—squadron leaders, for instance, wear out badly needed rubber

and incompletely increase the spread of the only portion of their anatomy ever likely to be impaled upon a German or Japanese bayonet.

So, we are on our long strategic march that follows the St. Lawrence even drive with their headlights full on after dark.

And all this, believe me, after the German has been beaten, and enemy saboteurs have been active in the Gulf of St. Lawrence!

A black-out has been ordered on the banks of the River St. Lawrence and extending five miles inward.

This has been done because there is a lack of lights on shore enabling a navigator to make his way to the point he desires to reach and equally because lights on the shore and on vessels—even a little fishing boat—block the shore and an enemy raider.

So you see this has not been done for fun. It has been ordered because Canada, whether we like it or not, is in the war zone. It has been ordered because we have lost on the broad bosom of the mighty waterway, the banks of which Lady Beauchamp once described as "arms that never fail to welcome visitors to Canada." There are some vildates Canada does not welcome—hence the need for a black-out.

Shortly after the black-out was ordered, indignant complaints reached the authorities from the public. The answer to this was fairly simple. Many of the farmers living in the country surrounding the river do not read the newspapers, do not listen to radio and did not know how to get news. They have come to Canada's shores. They understand now because the authorities quickly devised a plan for notifying every radio station in the area of the cut end of the reasons for it and the necessity for its observance.

DEPLORING RUMORS
George W. Spinney, in deplored the rumors that were spreading to the effect that men in the service had been sent to the front line in France—should you believe such stories which they never heard throughout history when repelling foreign invaders—the Teutonic Knights, the Tartar hordes, the Turks, the Poles, the Swedes, the Grand Army of Napoleon. Russia, she says, has never surrendered and "will not surrender now."

Help To Fight With Victory Bonds

the torch thrown to it by falling hands a quarter of a century ago.

Good luck, Alas! You have done a good job for Canada with your column, "The Individual Citizen's Army." Your readership is growing, and we know—it has been quite a task for you all we appreciated your writing. So, Sir, we are very proud and we're doubly proud that you'll wear the uniform again. May all good fortune go with you—a real citizen—Editor.

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"OGILVIE
IT'S
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PAINE FOR RUSSIA

The Grand Duchess Marie, a cousin of the late Czar Nicholas II of Russia, declares that in their present stand the Russian people "are again giving a superb example of the same spirit of sacrifice which they displayed throughout history when repelling foreign invaders—the Teutonic Knights, the Tartar hordes, the Turks, the Poles, the Swedes, the Grand Army of Napoleon." Russia, she says, has never surrendered and "will not surrender now."

Relieves MONTHLY
FEMALE PAIN

Women who suffer pain in irregular periods with cranky nervousness—headaches, toothaches, rheumatism, rheurisms—should find Lydia E. Pinkham's Vegetable Compound (with added iron) very effective to relieve these pains. It is a special lotion made especially for women help relieve these symptoms. Follow label directions. Made in Canada.

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DID YOU KNOW THAT:



—Photo courtesy Associated Press, Toronto.

A curious transplanting of the Near East is found in Canada's west, where at Edmonton stands a Moslem Mosque, raised to the greater glory of Allah and his prophet Mohammed. Here the ancient customs of Mohammedans are observed and free of religious restrictions. The mosque and some of the strange forms worn are recorded in the Associated Screen "Did You Know That?" movie short.

HONOR CANADIANS

A plaque in memory of the men and women who have died in a village hall in northern England shows how the Canadian who took part in the operation used to spend their evenings.

There are 68 museums and art galleries in Canada.

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How soon can WE end this War?

This is the people's war . . . it is our war. Each and everyone of us must contribute our utmost to help speed the day of Victory!

If we fail in our duty to lend to the limit, we help make this war last longer.

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